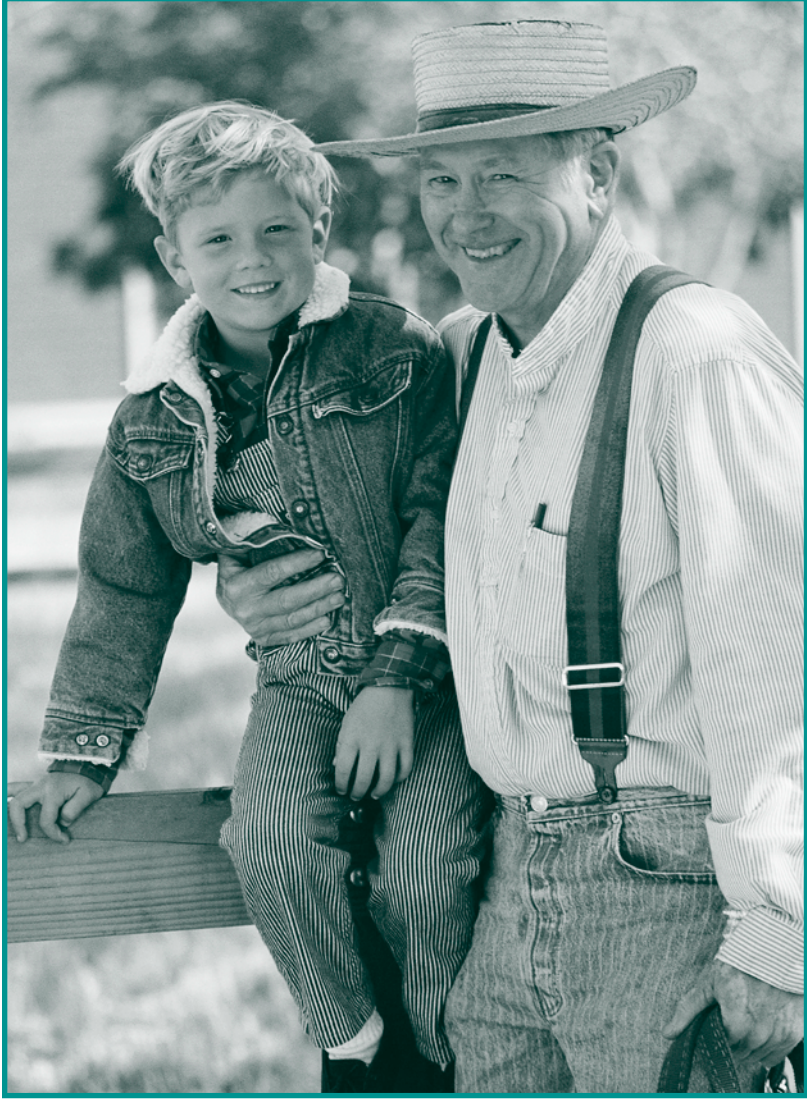


# Aging



For more information about CDC's healthy aging program,  
visit [www.cdc.gov/aging/](http://www.cdc.gov/aging/)



## **Building a Healthy Aging Initiative With Mini-Grants Program Funds**

### **Producing Results**

The Mini-Grants Program continues to develop activities that promote healthy aging behaviors. The Arkansas governor announced that his office will spearhead a Healthy Arkansas initiative focused on physical activity, good nutrition, and smoking cessation for all age groups, and this blueprint will likely become a model for other states that choose to promote healthy lifestyles across the life span.

### **Public Health Problem**

According to several indicators, Arkansas has one of the least healthy populations in the United States. The risk and burden of chronic disease in Arkansas are directly linked to a lack of physical activity, poor eating habits, and poor lifestyle choices, including the use of tobacco products. Arkansans aged 65 years or older - approximately 14.5 percent of the state population - share a great deal of this burden since 30 percent are overweight; 20 percent are obese; and 38 percent do not participate in any form of physical activity. A growing body of evidence suggests that programs promoting physical activity, adult immunizations, and prevention of falls can provide tangible benefits for older adults.

### **Taking Action**

In FY 2003, the Arkansas Department of Health and Division of Aging and Adult Services received \$10,000 from the CDC and the Public Health and Aging Mini-Grants Program of the Administration on Aging (AOA) to create a partnership between the public health and aging services networks. The infusion of the mini-grant funds into Arkansas' fledgling healthy aging initiative catalyzed a groundswell of activities. These activities included: 1) leveraging of funds from the state's tobacco settlement for use in development of a coalition on healthy aging and in developing a health fair, and 2) successful competition for hiring a CDC public health prevention specialist to work on issues of aging.

*(continued on next page)*

### **Contact Information**

Arkansas Dept of Health - Healthy Aging Program  
4815 W. Markham Slot 41, Little Rock, AR 72205  
Phone: 501-280-4055 [www.healthyarkansas.com](http://www.healthyarkansas.com)  
<http://www.cdc.gov/nccdphp/exemplary>

# Arkansas



Building on these first-year efforts, Arkansas again successfully competed for a CDC/AOA mini-grant in FY 2004 to implement the Peer Exercise Program Promotes Independence (PEPPI) initiative in 10 senior centers that are part of the Central Arkansas Area Agency on Aging (CareLink). Energized by this partnership, CareLink has doubled the number of programs offered, making PEPPI available every day in 20 of its senior centers. This evidence-based program is now available to even more older Arkansans, and these achievements have been accomplished with only \$14,000.

### **Implications and Impact**

In May 2004, Arkansas Governor Mike Huckabee announced that his office would spearhead an initiative focused on physical activity, good nutrition, and smoking cessation to encourage all age groups in Arkansas to have a healthy lifestyle. Because of the planning and implementation efforts already funded by mini-grants, the Department of Health and the Division of Aging and Adult Services were poised to help the governor create strategies to promote healthy living for older adults. The Healthy Arkansas Blueprint will likely become a model for other states that choose to address issues related to healthy lifestyles across the life span.

### Contact Information

Arkansas Dept of Health - Healthy Aging Program  
4815 W. Markham Slot 41, Little Rock, AR 72205  
Phone: 501-280-4055 [www.healthyarkansas.com](http://www.healthyarkansas.com)  
<http://www.cdc.gov/nccdphp/exemplary>